

# January Menu

This menu is for ages one and older. Children between one and two years of age are served **whole milk**, soft tortillas and a vegetable substitute for lettuce.

*Fresh fruit each week consists of apples, bananas, oranges and melons (when in season). We order fresh fruit depending upon the price and availability.*

## December 31 - January 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Happy New Year!!	Whole grain Bagels w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Tuna & Cheese Sandwich (on whole wheat bread) Fresh Fruit Baby Carrots w/dip Skim milk		Pinto bean & cheese burrito on a whole wheat tortilla Applesauce Corn (frozen) Skim milk	Haystacks (rice with chicken, cheese & gravy) Broccoli (frozen) Pineapple (canned) Skim milk	Hot Dogs on a whole wheat bun Pickles Fruit Cocktail Cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice		Yogurt & Whole Wheat Cereal Pieces Ice water	Grahams 100% Fruit Juice	String cheese Ritz Crackers Water

## January 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Whole wheat toast French Toast Potato Rounds Skim Milk	Whole grain Bagel w/cream cheese Fresh Fruit Skim Milk	Cheese Omelet Fresh Fruit Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Fish Sticks (child nutrition approved, whole grain breading) Pears (canned) Mixed Veggies (frozen) Skim milk	Lasagna Noodles (made w/ground beef, cheese and tomato sauce over whole grain noodles) Green beans (canned) Skim Milk	Sweet & Sour chicken over rice Broccoli (canned) Pineapple(canned) Skim milk	Sloppy Joes on whole wheat buns Fresh cucumber spears w/dip Peas (frozen) Skim Milk	Turkey & cheese Wrap (Turkey & cheese slices in a whole wheat tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	Oyster Crackers 100% Fruit Juice	Whole grain tortilla Chips & salsa (for Pre-k on up) or grated cheese (toddler - 3's) Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Saltines Cottage Cheese Water

## January 14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit skim Milk	Whole Wheat English Muffins w/jam Fresh Fruit Skim Milk	Whole wheat Bagel w/cream cheese Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Cereal (whole grain) Fresh Fruit Skim Milk
<b>Lunch</b>	Chef Salad (Lettuce, diced ham, shredded cheese) Whole wheat rolls Pickled Beets (canned) Skim Milk	Tacos Soup (ground beef, pinto beans, mixed veggies & tomato sauce with cheese on top) Whole corn tortilla chips Fresh Cauliflower w/ranch Skim Milk	Hamburgers (ground beef patty on a whole grain bun) Pickles Fresh Fruit Skim milk	Shepherd's Pie (ground beef, green beans, mashed potatoes & cheese) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Baby Carrots w/dip Fruit Cocktail cups Skim milk
<b>Snack</b>	Pretzels 100% Fruit Juice	String Cheese Ritz Water	Wheat Thins 100% Fruit Juice	Yogurt & Whole grain Cereal Pieces Water	Cheesy Crackers Skim Milk

## January 21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Martin Luther King Day CLOSED	Muffins (whole grain) Fresh Fruit Skim Milk	Whole grain Bagels w/cream cheese Fresh Fruit Skim Milk	Whole Wheat French Toast Potato Rounds Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>		Chicken Nuggets (child nutrition approved, whole grain breading) Mixed Veggies (frozen) Baked Beans (canned) Skim milk	Spaghetti w/meat and tomato sauce Green Beans (canned) Skim milk	Ham & Cheese Pizza (ham, cheese, sauce on whole grain pita bread) Fresh Salad Skim Milk	Turkey & Cheese Wrap (turkey and cheese slices in a whole wheat tortilla) Diced Peach cups Fresh Celery Sticks w/dip Skim milk
<b>Snack</b>		Sun Butter Dip Apples Water	Chex Mix (whole grain chex cereal pretzels & Raisins) Water	Oyster Crackers 100% Fruit Juice	Graham Crackers 100% Fruit Juice

January 28-February 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Muffins (whole grain) Fresh Fruit Skim Milk	Oatmeal w/brown sugar (whole grain) Fresh Fruit Skim Milk	Scrambled Eggs Potato Rounds Skim Milk	Whole wheat Bagels w/cream cheese Fresh Fruit Skim Milk	Cereal (whole grain) Fresh fruit Skim Milk
<b>Lunch</b>	Grilled Ham and Cheese Sandwich (whole wheat bread) Apples Fresh Cauliflower w/dip Skim milk	Tacos (ground beef, cheese & fresh lettuce on a whole corn taco shell) Ranch beans (canned) Skim Milk	BBQ Chicken Sandwich (on a whole wheat bun) Corn Fresh Cucumbers with dip Skim Milk	Hamburger Gravy over mashed potatoes Diced Beets (canned) Whole Wheat Rolls Skim milk	Hot Dogs on a whole wheat bun Pickles Fruit Cocktail Cups Skim milk
<b>Snack</b>	Animal Crackers 100% Fruit Juice	String Cheese Ritz Crackers Water	Yogurt & Whole grain cereal pieces Water	Pretzels 100% Fruit Juice	Wheat Thins 100% Fruit Juice